

An American flag is shown waving on a black flagpole against a clear blue sky. The flagpole has a gold-colored finial at the top. The flag is positioned in the upper half of the frame, with its stars and stripes clearly visible.

What Every Veteran Needs to Know

a veterans' guide to resources,
services, assistance and benefits
available in upstate New York,
New York Harbor and New Jersey

VA Health Care

Benefits

Counseling & Support

Housing

Education

Employment

Burial Benefits

General Assistance / Advocacy

VA HEALTH CARE

VA Medical Centers and Community Based Outpatient Clinics

VA Medical Centers provide a wide range of inpatient, outpatient and residential mental health services for veterans. VA Community Based Outpatient Clinics provide medical services and medication management for enrolled veterans. These services may include primary care, behavioral health care, and other special programs. Staff at these clinics can also provide assessment and referral to more specialized services in the community or at the nearest VA Medical Center. You may contact your nearest VA Medical Center for general information, or ask for the program representative for additional information about the programs described in this guide.

Locate a VA Medical Center or Clinic:

<http://www.va.gov/directory>

VA Health Benefits

VA provides a standard enhanced health benefits plan available to all enrolled veterans and maintains an annual enrollment system to manage the provision of quality hospital and outpatient medical care and treatment. VA provides every active-duty service member, Reservist or National Guard member who serves in a theater of combat operations two years of free health care beginning on the date of discharge or release from service for all illnesses and injuries unless clearly unrelated to military service. At the end of the two-year period, these veterans have the same eligibility for VA medical care as veterans of earlier conflicts, and co-payment status will depend on whether illness or injury is found to be service-connected.

Veterans Health Administration (VHA) provides a number of health care services:

- Hospital, outpatient medical, nursing home, and community-based residential care
- Dental, pharmacy, mental health, and prosthetic services
- Medical evaluation for military service exposure to environmental hazards
- Readjustment counseling

- Alcohol and drug dependency treatment
- Sexual trauma counseling
- Specialized health care for women veterans
- Health and rehabilitation programs for homeless veterans
- Domiciliary

For information on health care benefits and services:

Telephone: (877) 222-8387

Website: <http://www.va.gov/health>

For information on health care eligibility:

Telephone: (800) 929-8387

Website: <http://www.va.gov/healtheligibility>

Online application for Health Benefits (VA Form 10-10EZ):

<https://www.1010ez.med.va.gov/sec/vha/1010ez>

VA Forms and Publications:

<http://www.va.gov/vaforms>

VA Medical Centers located in upstate New York

<http://www.va.gov/visns/visn02>

Albany VA Medical Center 113 Holland Avenue Albany, NY 12208 (518) 626-5000	Syracuse VA Medical Center 800 Irving Avenue Syracuse, NY 13210 (315) 425-4400
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Bath VA Medical Center 76 Veterans Avenue Bath, NY 14810 (607) 664-4000	WNY Healthcare System Buffalo Campus 3495 Bailey Avenue Buffalo, NY 14215 (716) 834-9200
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Canandaigua VA Medical Center 400 Fort Hill Avenue Canandaigua, NY 14424 (585) 394-2000	WNY Healthcare System Batavia Campus 222 Richmond Avenue Batavia, NY 14020 (585) 297-1000
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VA Community Based Outpatient Clinics located in upstate NY

Auburn	Elizabethtown	Malone	Schenectady
Bainbridge	Elmira	Massena	Troy
Binghamton	Glens Falls	Niagara Falls	Warsaw
Carthage	Ithaca	Olean	Wellsville
Catskill	Jamestown	Oswego	
Clifton Park	Kingston	Plattsburgh	
Cortland	Lackawanna	Rochester	
Dunkirk	Lockport	Rome	

Locate a VA Community Based Outpatient Clinic:

<http://www.va.gov/directory>

VA Medical Centers located in downstate New York and Northern New Jersey

<http://www.va.gov/visns/visn03>

VA New York Harbor Health Care System Brooklyn Campus 800 Poly Place Brooklyn, NY 11209 (718) 836-6600	Bronx VA Medical Center 130 W Kingsbridge Road Bronx, NY 10468 (718) 584-9000
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VA Hudson Valley Health Care System
Castle Point Campus
Castle Point, NY 12511
(845)831-2000

VA Hudson Valley Health Care System
Montrose Campus
Route 9A, P. O. Box 100
Montrose, NY 10548
(914) 737-4400

VA New York Harbor Health Care System
New York Campus
423 East 23rd Street
New York, NY 10010
(212) 686-7500

VA Medical Center Northport
79 Middleville Road
Northport, NY 11768
(631) 261-4400

VA Community Based Outpatient Clinics located in downstate New York and Northern New Jersey

New York Bronx Brooklyn (Chapel Street) Carmel/Putnam County Goshen Harlem Islip Lindenhurst Lynbrook	Monticello New Brunswick New City/Rockland Patchogue Pine Plains Plainview Port Jervis	Poughkeepsie Queens (Thomas P. Noonan) Riverhead Soho Staten Island White Plains Yonkers
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New Jersey

Brick (James J. Howard) Elizabeth Fort Monmouth Hackensack/Bergen County	Jersey City Morristown Newark Paterson Trenton
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Locate a VA Community Based Outpatient Clinic:

<http://www.va.gov/directory>

My HealthVet

My HealthVet provides access to trusted health information, links to VA benefits and resources, a Personal Health Record, online VA prescription refills, and much more. In the future, registered users will be able to view appointments, copay balances, and key portions of their VA medical records online.
<http://www.myhealth.va.gov>

Health Insurance

TRICARE is a regionally managed health care program for active duty and retired members of the uniformed services, their families, and survivors.
Telephone: (877) 874-2273 (TRICARE North Region)
Website: <http://www.tricare.osd.mil>

VA NJ Health Care System
East Orange Campus
385 Tremont Avenue
East Orange, NJ 07939
(973) 676-1000

VA NJ Health Care System
Lyons Campus
151 Knollcroft Road
Lyons, NJ 07939
(908) 647-0180

St Albans Primary & Extended Care Center
179th St. and Linden Blvd.
St. Albans, NY 11425
(718) 526-1000

Health Care for Women

Each VA Medical Center has a Women Veterans Program Manager (WVPM) who helps women understand their benefits, and coordinates their care. The Women Veterans Program Manager can assist women veterans in establishing their eligibility, understanding their benefits, and obtaining their health care in VA system. The Women Veterans Health Program provides a full range of medical and mental health services, including:

- primary care
- reproductive health
- gynecology services
- patient education
- preventive health screening for breast cancer, cervical cancer and osteoporosis
- screening, counseling, and treatment for sexual trauma, substance abuse, PTSD and domestic violence
- vocational rehabilitation
- homeless programs
- transition assistance separating from military duty

For more information contact your local VA Medical Center's Women Veterans Program Manager.

Women Veterans Health Program

<http://www.va.gov/wwhp>

The Center for Women Veterans

<http://www.va.gov/womenvet>

DoD Deployment Health & Family Readiness Library

This library provides servicemembers, families, veterans and health care providers an easy way to quickly find deployment health and family readiness information.
<http://deploymenthealthlibrary.fhp.osd.mil>

BENEFITS

Federal VA Benefits

VA Regional Offices

VA Regional Offices are responsible for delivering five major benefit programs as well as other services to veterans and their dependents. The benefits include disability compensation and pension, vocational rehabilitation and employment, education, insurance and home loan guaranty. Veterans may call the toll free number or visit VA Regional Office for more information. Veterans with internet access may also apply online for benefits.

Buffalo Regional Office
130 South Elmwood Avenue
Buffalo, NY 14202
(800) 827-1000
FAX: (716) 551-3505

Newark Regional Office
20 Washington Place
Newark, NJ 07102
(800) 827-1000

New York Regional Office
245 West Houston Street
New York, NY 10014
(800) 827-1000
(212) 807-7229
FAX: (212) 807-4008

VONAPP (Veterans On Line Applications)

Apply for VA benefits online

<http://vabenefits.vba.va.gov/vonapp>

VA Compensation and Pension

Disability compensation is a monetary benefit paid to veterans who are disabled by injury or disease incurred or aggravated during active military service. Pension benefits are paid for non-service connected disabilities. Eligibility requirements for disability benefits can be obtained from a VA Regional Office, online or through a veteran service organization.
Website: <http://www.vba.va.gov/bln/21>

VA Vocational Rehabilitation and Employment

The Vocational Rehabilitation and Employment (VR&E) program provides training and rehabilitation for veterans with VA service-connected disabilities. The VR&E program is an employment oriented program that helps veterans with service-connected disabilities prepare for, find and keep suitable employment.
Website: <http://www.vba.va.gov/bln/vre>

VA Education Benefits

VA provides education benefits under the Montgomery GI Bill, the Veterans Educational Assistance Program, the Dependents Educational Assistance Program and the Montgomery GI Bill – Selected Reserve. Additional information can be obtained from a VA Regional Office, online or through the toll-free number.
Telephone: (888) 442-4551
Website: <http://www.gibill.va.gov>

VA Home Loan Guaranty

Veterans can apply for a VA loan with any mortgage lender that participates in VA home loan program. VA guaranteed loans are offered by private lenders, like banks, savings & loans, or mortgage companies to eligible veterans for the purchase of a home for personal occupancy. Veterans are exempted from a down payment.
Telephone: (888) 244-6711
Website: <http://www.homeloans.va.gov>

VA Insurance

There are currently eight life insurance programs with four programs open to new issues. Two of the programs (Service Disabled Veterans Insurance and Veterans Mortgage Life Insurance) are specifically designed for disabled veterans. The other two programs (Service-members Group Life Insurance and Veterans Group Life Insurance) are administered by a private company under the supervision of VA.
Telephone: (800) 669-8477
Website: <http://www.insurance.va.gov>

State Benefits

New York State Division of Veterans' Affairs

New York State Benefits include Blind Annuity, Tax Exemptions, Education Assistance, Burial Benefits, State Veteran Nursing Homes, Counseling Services, certain Licenses and Permits, and State Medals.
Telephone: (888)838-7697 or (888)-VETS-NYS
Website: <http://www.veterans.state.ny.us>

New Jersey Veterans Affairs

New Jersey State Benefits include Catastrophic Entitlement, Tax Exemptions, Education Assistance, State Veteran Cemeteries, State Veteran Nursing Homes, certain Licenses and Permits, and State Medals.
Telephone: Veterans Benefits Hotline (888)-8NJ-VETS
Website: <http://www.state.nj.us/military/veterans>

Department of Veterans Affairs (VA)

www.va.gov

For information on health care benefits and services:
Telephone: (877) 222-8387
www.va.gov/health

For information on monetary benefits (disability compensation, education, loan guaranty, vocational rehabilitation, and insurance):
Telephone: (800) 827-1000
www.vba.va.gov

COUNSELING & SUPPORT

VA Medical Centers

VA Medical Centers provide a comprehensive range of inpatient, outpatient and residential mental health services for veterans to support post-war adjustment in the community. Individual or group counseling, and medication management services are available for veterans:

- Residential and outpatient programs for post traumatic stress disorder
- Residential and outpatient programs for substance abuse disorders
- Vocational Rehabilitation counseling
- Inpatient and outpatient programs for adjustment disorders, depression or other mental health concerns
- Day treatment and community outreach programs for veterans with serious mental illness
- Behavioral treatments to address lifestyle concerns (i.e. smoking cessation, stress management, sleep problems, etc.)

VA Community Based Outpatient Clinics

VA Community Based Outpatient Clinics provide individual services and medication management for veterans seeking support for post-deployment adjustment. Counseling staff at these clinics can also provide assessment and referral to more specialized services in the community or at the nearest VA Medical Center.

Locate a VA Medical Center or Clinic:

<http://www.va.gov/directory>

Vet Centers

Vet Centers serve veterans and their families by providing professional readjustment counseling services to support post-war adjustment in the community. The Centers focus on counseling for military traumas, employment and family problems. Individual and group counseling is available for veterans and their families, including bereavement

counseling for family members who have lost an active duty service member. Vet Centers also provide referral services for VA benefits and medical services, and act as a liaison with community agencies.

Northeast Region of Readjustment Counseling Services
Telephone: (800) 905-4675

Find a Local Vet Center:
Website: <http://www.va.gov/directory>

Vet Centers

New York Vet Centers

Albany Vet Center
17 Computer Drive West
Albany NY 12205
(518) 626-5130

Babylon Vet Center
116 West Main Street
Babylon , NY 11702
(516) 661-3930

Bronx Vet Center
130 West Kingsbridge
Road Room 7A-13
Bronx, New York 10468
(718) 367-3500

Brooklyn Vet Center
25 Chapel Street, Ste. 604
Brooklyn, NY 11201
(718) 624-2765

Buffalo Vet Center
564 Franklin St.
Buffalo NY 14202
(716) 882-0505

Harlem Vet Center
55 West 125th Street, 7th Floor
New York , NY 10027
(212) 426-2200

Manhattan Vet Center
32 Broadway, Suite 200
New York, New York 10004
(212) 742-9591

Queens Vet Center
75-108 91 Avenue, Apt 1AR
Woodhaven, NY 11421
(718) 296-2871

Rochester Vet Center
1867 Mount Hope Avenue
Rochester, NY 14620
(585) 232-5040

Staten Island Vet Center
150 Richmond Terrace
Staten Island, NY 10301
(718) 816-4499

Syracuse Vet Center
716 East Washington St.
Syracuse, NY 13210
(315) 478-7127

White Plains Vet Center
300 Hamilton Ave
White Plains , NY 10601
(914) 682-6250

New Jersey Vet Centers

Jersey City Vet Center
115 Christopher Columbus Drive
Jersey City, NJ 07302
(201) 748-4467

Newark Vet Center
45 Academy St., Suite 303
Newark, NJ 07102
(973) 645-5954

Trenton Vet Center
171 Jersey Street
Trenton, NJ 08611
(609) 989-2260

National Center for Post-Traumatic Stress Disorder (PTSD)
The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs to advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.
Telephone: PTSD Information Line at (802) 296-6300
Website: <http://www.ncptsd.va.gov>

New York State Office of Alcoholism and Substance Abuse Services (OASAS)

If you or someone you know needs treatment for an alcohol or drug problem, it's important to remember that there are places to go for help, such as an OASAS certified treatment program, a health professional knowledgeable about addiction or your local council on alcoholism and other drug additions. For more information, call the New York State Office of Alcoholism and Substance Abuse Services:
Telephone: (800) 522-5353
Website: <http://www.oasas.state.ny.us>

HOUSING

VA Home Loan Guaranty Service

Veterans can apply for a VA loan with any mortgage lender that participates in VA home loan program. VA guaranteed loans are offered by private lenders, like banks, savings & loans, or mortgage companies to eligible veterans for the purchase of a home for their own personal occupancy. Veterans are exempted from a down payment.
Telephone: (888) 244-6711
Website: <http://www.homeloans.va.gov>

HUD Veteran Resource Center (HUDVET)

HUDVET provides housing for homeless, disabled and low-to-moderate income veterans, and general homeownership assistance.
Telephone: (800) 998-9999
Website: <http://www.hud.gov/hudvet>

National Coalition of Homeless Veterans

Provides help for homeless veterans nationwide.
Telephone: (800) 838-4357
Website: <http://www.nchv.org>

VA Homeless Veterans Program

VA offers a wide array of special programs and initiatives specifically designed to help homeless veterans live as self-sufficiently and independently as possible.
<http://www.va.gov/homeless>

VA Homeless Veteran Services

Every VA Medical Center has a Homeless Veterans Services Coordinator who is responsible for helping homeless or at-risk veterans.

Locate a VA Facility
<http://www.va.gov/directory>

Health Care for Homeless Veterans (HCHV) Programs by State:
http://www.va.gov/homeless/docs/HCHV_Programs_ByState.pdf

Every VA Regional Office also has a Homeless Veterans Services
Coordinator who can be reached through the VA's toll free number:
Telephone: (800) 827-1000

VISN 2 Health Care for Homeless Veterans (HCHV) Programs
Telephone: (585) 393-7422
Website: <http://www.va.gov/visns/visn02/bh/homeless.html>

VISN 3 Homeless Veterans Treatment Programs
Telephone: (888) 725-3000
Website: <http://www.va.gov/visns/visn03/homeless.asp>

Veterans Haven Transitional Housing (New Jersey)

Telephone: (609) 561-0269

EDUCATION

VA Education Benefits

VA provides education benefits under the Montgomery GI Bill, the Veterans Educational Assistance Program, the Dependents Educational Assistance Program and the Montgomery GI Bill – Selected Reserve. Additional information can be obtained from a VA Regional Office, online or through the toll-free number.
Telephone: (888) 442-4551
Website: <http://www.gibill.va.gov>

VONAPP (Veterans On Line Applications)

Apply for VA benefits online, including education benefits
<http://vabenefits.vba.va.gov/vonapp/>

New York State Division of Veterans' Affairs Bureau of Veterans Education

Reviews and approves educational programs for veterans wanting to use their GI Bill benefits. Call to find out which schools are approved and how to get program approval to use GI Bill benefits.
Albany: (518) 474-7607
NYC: (212) 564-8414

New Jersey Department of Military and Veterans Affairs

Provides information on programs approved for use with GI benefits and also other tuition credits available to veterans.
Telephone: (609) 530-6849
Website: <http://www.state.nj.us/military>

Higher Education Services Corporation (HESC)

New York State agency that helps people pay for college, information on available veterans tuition awards, awards for children of Veterans.
Telephone: (888) 697-4372
Website: <http://www.hesc.org>

FinAid Military Student Aid

Includes information about student financial aid resources for veterans and their dependents.
<http://www.finaid.org/military/veterans.phtml>

EMPLOYMENT

VA Vocational Rehabilitation and Employment

The Vocational Rehabilitation and Employment (VR&E) program provides training and rehabilitation for veterans with VA service-connected disabilities. The VR&E program is an employment oriented program that helps veterans with service-connected disabilities prepare for, find and keep suitable employment.
Website: <http://www.vba.va.gov/bln/vre>

US Department of Labor Veterans' Employment and Training Service (VETS)

Provides counseling, testing, placement, and other employment assistance.

Telephone: (866) 4-USA-DOL
Website: <http://www.dol.gov/vets>

NYS Department of Labor Veterans' Services

Telephone: (800) 342-3358
Website: <http://www.labor.state.ny.us/vets/vetintropage.shtm>

Find a find a NYS Veterans' Employment Representative in your area:
<http://www.labor.state.ny.us/VETS/EmploySpec/VeteransEmploySpec.shtm>

New York State Division of Veterans' Affairs

Telephone: (888) VETS-NYS
Website: <http://www.veterans.state.ny.us>

NYS Job Vacancies

<http://www.statejobsny.com>

NJ Department of Labor Veterans' Services

<http://www.state.nj.us/labor/oscc/VeteransServices.html>

Hire Vets First

Comprehensive career website veterans seeking employment or for hiring veterans of America's military.
Telephone: (877) 872-JOBS
Website: <http://www.hirevetsfirst.gov>

Uniformed Services Employment and Reemployment Rights Act (USERRA)

Prohibits discrimination against persons because of their service in the Armed Forces Reserve, the National Guard, or other uniformed services. USERRA prohibits an employer from denying any benefit of employment on the basis of an individual's membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services. USERRA also protects the right of veterans, reservists, National Guard members, and certain other members of the uniformed services to reclaim their civilian employment after being absent due to military service or training.
<http://www.dol.gov/vets/programs/userra>

Helmets to Hardhats

Helps transitioning military personnel, Guardsmen, and Reservists find the best careers and apprenticeships in the construction and building industries.
Telephone: (866) 741-6210
Website: <http://www.helmetstohardhats.com>

Troops to Teachers

A U.S. Department of Education and Department of Defense program that helps eligible military personnel begin a new career as teachers in public schools where their skills, knowledge and experience are most needed.
Telephone: (800) 231-6242
Website: <http://www.proudtoserveagain.com>

Small Business Administration (SBA)

Provides services and support to veterans who are starting a small business.
Telephone: (800) 827-5722
Website: <http://www.sba.gov>

VetBiz: Center for Veterans Enterprise

Federal Web Portal for Veterans in Business
Telephone: (866) 584-2344
Website: <http://www.vetbiz.gov>

BURIAL BENEFITS

Burial benefits include a gravesite in any of our 122 national cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some veterans may also be eligible for Burial Allowances. Burial benefits available for spouses and dependents buried in a national cemetery include burial with the veteran, perpetual care, and the spouse or dependents name, date of birth and death will be inscribed on the veteran's headstone, at no cost to the family. To confirm eligibility for burial benefits, please contact a Veteran's Benefits Counselor at 1-800-827-1000.
Telephone: (800) 827-1000
Website: <http://www.cem.va.gov>

Locate a VA Cemetery:
<http://www.va.gov/directory>

GENERAL ASSISTANCE/ADVOCACY

New York State Division of Veterans' Affairs

Telephone: (888)838-7697 or (888)-VETS-NYS
Website: <http://www.veterans.state.ny.us>

Locate a State or County Veteran Service Officer:
<http://www.veterans.state.ny.us/ofcs.htm>

New York State Division of Military and Naval Affairs
<http://www.dmn.state.ny.us>

New Jersey Department of Military and Veterans Affairs

Telephone: (866) VETS-NJ4
Website: <http://www.state.nj.us/military>

New Jersey Veterans Guide

<http://www.state.nj.us/military/veterans/njguide>

Directory of National Veterans Service Organizations
<http://www.va.gov/vso>

Local Veteran Service Organizations:

Buffalo Regional Office Area

American Legion

Telephone: (716) 857-3361
Website: <http://www.legion.org>

AMVETS

Telephone: (716) 857-3350
Website: <http://www.amvets.org>

Disabled American Veterans

Tel: (716) 857-3359 - Buffalo
(315) 423-5542 - Syracuse
<http://www.dav.org>

Military Order of the Purple Heart

Tel: (716) 857-3346
<http://www.purpleheart.org>

Paralyzed Veterans of America

Tel: (716) 857-3352
<http://www.pva.org>

United Spinal Association

Tel: (716) 857-3337
<http://www.unitedspinal.org>

Veterans of Foreign Wars

Tel: (716) 857-3348 - Buffalo
(315) 423-5539 - Syracuse
<http://www.vfw.org>

Vietnam Veterans of America

Tel: (716) 857-3344
<http://www.vva.org>

New York Regional Office Area:

American Legion

Tel: (212) 807-3066
<http://www.legion.org>

Blinded Veterans Association

Tel: (212) 807-3173
<http://www.bva.org>

Catholic War Veterans

Tel: (212) 807-3161
<http://www.cww.org>

Disabled American Veterans

Tel: (212) 807-3157
(518) 626-5690 - Albany
<http://www.dav.org>

Military Order of the Purple Heart

Tel: (212) 807-3989
<http://www.purpleheart.org>

Paralyzed Veterans of America

Tel: (212) 807-4047
<http://www.pva.org>

United Spinal Association

Tel: (212) 807-3163
<http://www.unitedspinal.org>

Veterans of Foreign Wars

Tel: (212) 807-3164
(518) 626-5688 - Albany
<http://www.vfw.org>

Vietnam Veterans of America

Tel: (212) 807-3419
<http://www.vva.org>

Newark, New Jersey Regional Office Area:

American Legion

Tel: (973) 297-3377
<http://www.legion.org>

American Veterans of World War II, Korea, Vietnam

Tel: (973) 297-3376

Disabled American Veterans

Tel: (973) 297-3378
<http://www.dav.org>

Jewish War Veterans

Tel: (973) 297-3388
<http://www.jwv.org>

Military Order of the Purple Heart

Tel: (973) 297-3389
<http://www.purpleheart.org>

Paralyzed Veterans of America

Tel: (973) 297-3228
<http://www.pva.org>

United Spinal Association

Tel: (973) 297-3387
<http://www.unitedspinal.org>

Veterans of Foreign Wars

Tel: (973) 297-3226
<http://www.vfw.org>